



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09039, Avocados, raw, Florida

Report Date: June 29, 2017 22:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4	g	78.81	7	2.474	72	83.8	3.0	70.936	86.682	4	Analytical or derived from analytical	--	06/2003
Energy	kcal	120	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	501	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1	g	2.23	4	0.170	1.79	2.51	3.0	1.693	2.773	1	Analytical or derived from analytical	--	06/2003
Total lipid (fat) 1	g	10.06	4	0.906	8.64	12.43	3.0	7.171	12.939	1	Analytical or derived from analytical	--	06/2003
Ash 1	g	1.08	4	0.140	0.82	1.44	3.0	0.634	1.526	1	Analytical or derived from analytical	--	06/2003
Carbohydrate, by difference	g	7.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 1 2 4	g	5.6	6	0.836	4	7.6	2.0	2.049	9.247	3	Analytical or derived from analytical	--	06/2003
Sugars, total 2	g	2.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003

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Sucrose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Glucose (dextrose) 2	g	2.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Fructose 2	g	0.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Lactose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Maltose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Minerals													
Calcium, Ca 1 5	mg	10	5	0.875	9	14	1.0	-0.843	21.393	2	Analytical or derived from analytical	--	06/2003
Iron, Fe 1 5	mg	0.17	5	0.023	0.14	0.22	1.0	-0.125	0.459	2	Analytical or derived from analytical	--	06/2003
Magnesium, Mg 1 5	mg	24	5	3.463	17	27	1.0	-20.058	67.933	2	Analytical or derived from analytical	--	06/2003
Phosphorus, P 1	mg	40	4	5.347	30	55	3.0	23.184	57.216	1	Analytical or derived from analytical	--	06/2003
Potassium, K 1 5	mg	351	5	73.288	219	424	1.0	-580.493	1281.918	2	Analytical or derived from analytical	--	06/2003

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Sodium, Na 1 5	mg	2	5	0.474	1	4	4.0	0.985	3.619	2	Analytical or derived from analytical	--	06/2003
Zinc, Zn 1 5	mg	0.40	5	0.002	0.35	0.47	1.0	0.372	0.429	2	Analytical or derived from analytical	--	06/2003
Copper, Cu 1 5	mg	0.311	5	0.048	0.15	0.36	1.0	-0.302	0.924	2	Analytical or derived from analytical	--	06/2003
Manganese, Mn 1 5	mg	0.095	5	0.012	0.07	0.11	1.0	-0.061	0.25	2	Analytical or derived from analytical	--	06/2003
Vitamins													
Vitamin C, total ascorbic acid 1	mg	17.4	4	3.628	7.7	24.1	3.0	5.873	28.967	1	Analytical or derived from analytical	--	06/2003
Thiamin 1	mg	0.021	4	0.005	0.01	0.03	3.0	0.004	0.038	1	Analytical or derived from analytical	--	06/2003
Riboflavin 1	mg	0.053	4	0.010	0.04	0.08	3.0	0.02	0.087	1	Analytical or derived from analytical	--	06/2003
Niacin 1	mg	0.672	4	0.182	0.36	1.13	3.0	0.094	1.25	1	Analytical or derived from analytical	--	06/2003
Pantothenic acid 1	mg	0.931	4	0.155	0.61	1.36	3.0	0.436	1.425	1	Analytical or derived from analytical	--	06/2003
Vitamin B-6 1	mg	0.078	4	0.004	0.07	0.09	3.0	0.064	0.092	1	Analytical or derived from analytical	--	06/2003

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Folate, total ¹	µg	35	4	7.525	14	48	3.0	11.119	59.016	1	Analytical or derived from analytical	--	06/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	35	4	7.525	14	48	3.0	11.119	59.016	1	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE ¹	µg	7	4	0.967	5	9	3.0	3.911	10.066	1	Analytical or derived from analytical	--	06/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	53	4	7.527	38	68	3.0	28.596	76.504	1	Analytical or derived from analytical	--	06/2003
Carotene, alpha ¹	µg	27	4	6.718	15	41	3.0	5.518	48.277	1	Analytical or derived from analytical	--	06/2003
Cryptoxanthin, beta ¹	µg	36	4	14.271	16	78	3.0	-9.686	81.146	1	Analytical or derived from analytical	--	06/2003
Vitamin A, IU ¹	IU	140	4	19.340	98	183	3.0	78.225	201.32	1	Analytical or derived from analytical	--	06/2003
Vitamin E (alpha-tocopherol) ³	mg	2.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003

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Tocopherol, beta ³	mg	0.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Tocopherol, gamma ³	mg	0.39	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Tocopherol, delta ³	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.960	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	1.905	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:0	g	0.055	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	5.513	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.825	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated	g	4.689	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	1.676	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

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18:2 undifferentiated	g	1.580	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated	g	0.096	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Threonine	g	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Isoleucine	g	0.094	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Leucine	g	0.160	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Lysine	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Methionine	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Cystine	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Phenylalanine	g	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	09038	08/2010
Tyrosine	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Valine	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Arginine	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Histidine	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Alanine	g	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.264	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Glutamic acid	g	0.321	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Glycine	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Proline	g	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Serine	g	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA Total dietary fiber in 104 foods, 1992 Beltsville MD

⁵N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311